



Video Transcript

Unwinding Stress Somatic Flow

Hello, beautiful people. My name is Grace and welcome to Unwinding Stress Somatic Flow. This is a movement flow and this is an invitational practice, which means I invite you to find the movements that you feel create the most openness and embodiment for you today. Every day could be different, so just tune in and notice what feels good for me.

This is part of the somatic practice. Noticing the self, noticing what's flowing through and being fully present with the thriving pulse of life. So we're gonna get started with a little movement and breath practice. So come into a forward fold. It's okay if the hands don't reach down to the ground on a breath in with the palms facing the body.

Inhale, roll the spine up to about the hip area. And then exhale, turn the palms down and come back down. Do that a few times, up to the hips and down.

It's like we're pulling the grounded energy of the earth up into the body and then pushing out what's no longer needed.

Feel the earth beneath you.

Start coming into this moment

now, this time, bring the hands up to the belly and exhale them down.

Notice which pattern of breath feels most natural for you? Is it in and out the nose? Is it in the nose, out the mouth? Maybe you need to release a little bit extra with a ha sound.

Ah, let's bring it up to the heart now. Ah,

ah.

Ah,

up to the throat,

all the way up to the face.

All the way up to the sky and this time, arms circle down out to the sides.

Inhale, reach the arms up to the sky. Hold the breath in for a moment. Notice what rises to the surface.

Exhale it out. Place the hands on the body, wherever you feel called. Maybe one hand on the heart, one hand on the belly, or both. Hands on the belly. Both hands on the heart. Just take a moment to notice, to feel, and to breathe.

Notice where the body is. Notice your physical position and location. Notice the shape the body's in. Notice the space you take up, and then notice the thoughts that move through the mind. Do the thoughts flow quickly or slowly? Do the thoughts, feel smooth or jagged,

and then notice the breath. How does the body receive and give the breath?

Can you feel the body rise and fall with each breath in and out?

Let's breathe in together and exhale. Release the hands. Start getting into some movement with the head. Take a second to tune into the head and the neck. Are you experiencing any tension in the head? Does the neck feel fluid or stiff? And then begin to move the head in any way that creates a little bit more openness or a little bit more space in the cervical spine.

Maybe you notice that you automatically move into a familiar pattern.

Can you do something a little bit different? Only if it's comfortable for you, maybe shaking the head no.

Maybe shaking the head yes.

Maybe get the shoulders into it a little bit.

What creates openness for you today? I.

Maybe open the mouth, stretch the jaw,

maybe open the eyes, scrunch up the face a little,

bring some fluidity and some mobility into the head and the face and the neck.

Now as you move the head and the neck, maybe you start noticing that the arms and the torso wanna move a little bit too. So think about awareness, traveling from the head, and now supporting some move. Across the heart center, the arms and the hands feel yourself stretch into the boundaries of the body.

Can you take the arms in a way that help you create awareness all the way down to the fingers? Are there any areas of tension that could use just a little bit of movement or stretch?

Think about a tied up tight ball of yarn and imagine that you are that ball of yarn and you're trying to unwind this ball of yarn. With any movements that you feel called,

what creates the most aliveness across the heart and the shoulders and the arms. The hands and the fingers. Is this fast movement? Is it slow movement?

What is needed for you today?

Maybe you start feeling into the spinal column.

Can the aliveness in the arms start bringing forward openness in the spine? You can always pause in one corner of the body and just breathe into that spot if needed. Ah,

ah,

can you take up just a little bit more space?

Breath keeps flowing. Breath keeps flowing.

Now let's start taking this movement down into the hips. You can move the hips in any way you like, but maybe you try separating the feet a little bit wider than hips, distance, and start with some hips, circles, arms can keep moving. Or maybe awareness is focused a little bit more just on these circles.

Whatever feels natural for you

as you make space to move the body freely. Notice if any thoughts arise, do any self judgements arise? What do you think about the self moving in this way? It is okay to have those

thoughts, but at the same time, can you also send yourself a thought of kindness and compassion? Thank yourself for making space for maybe trying something new, or if this isn't a new practice, for you to make space to be present and be with the cell.

Sometimes that's the hardest thing to do, is to just be with the self. If you haven't done so already, reverse direction of those hip circles. I'm just going. In all different directions here, so just make sure that you find some balance with whatever you're moving through. Maybe bend into the knees a little bit.

Maybe start taking the hips left to right, more forward or more back.

Okay, now keeping the seat. Wider than the hips. We're gonna inhale, arms up and exhale into a squat.

Notice where the arms wanna go.

Maybe they just stay at the heart.

Maybe it's a bigger motion.

It's okay if this cultivates some heat within the body. We're trying to bring that aliveness to the surface.

If at any time you need to make this a smaller movement, if at any time you wanna come into stillness, that's okay too. Let's take a few more rounds.

Now drop it into the squat and just hold it there. Arms can find any position that creates stability for you and just feel.

Can you feel the rhythm of aliveness within? What does that mean? Maybe it's the rhythm of the breath. Maybe the breath picks up a little bit. Maybe it's the rhythm of the heart beating. That's a pulsation. Maybe you can feel the pulse somewhere else in the body. The wrists, the neck, the temples, the shoulders.

Notice if the mind is escaping you, that's okay. The mind is meant to wander and wonder and see if you can bring the energy of the mind back into this moment. It's okay if it's uncomfortable. Just feel. Allow yourself to be right here. Let's breathe in together. Exhale, come out of the position, heel, toe the feet a little bit closer together until you find a comfortable standing posture.

We'll close the eyes down. Hands can be on the body. And once again, we'll take a moment to just feel

what has risen to the surface.

Can I be with that and thank myself for this moment? Can I notice what flows through and send myself compassion and understanding?

It's just a question. It's just an inquiry.

Breathe in and then exhale, release the hands. Now maybe the legs are feeling a little bit more engaged after that, so let's loosen it up with some gentle bouncing. You don't have to come all the way up on the ground, off the ground. I'm keeping the balls of the feet on the earth and just lifting the heels, or maybe the feet stay totally planted and you just bend into the knees, see how loose the shoulders and the arms can be,

and you can always pick the feet up off the ground too.

What parts feel open?

What parts feel tense or restricted

to bring a little bit more aliveness to the surface. As we do this bouncing motion, we'll do a three part breath, a three part. Inhale,

we'll do a three part.

As we do this bouncing motion, we'll take one deep breath in, followed by a three, three-part segmented. Exhale. So we'll exhale in three spurts. It will sound like this.

And just keep it going at your own. Speed in and out the nose.

Make sure to exhale all the breath out on that last part of the exhale.

Two more times,

come back to your center, hands on the body. Take a moment to just feel.

Sometimes a breath out the mouth can be a good way to release some of the energy within. So just notice what type of breath you feel called to.

What is right here to notice? That's the question we ask ourselves.

Breathe in. And exhale

from here. Let's come into a seated position down on the mat.

I invite you to bring the soles of the feet together with the knees out to the sides. And if for any reason this isn't comfortable for you. You can always take regular cross legs. You could also sit in a chair for this next part, just any seated position where you feel comfortable enough to move the spine.

So here we will inhale, circle the heart forward, and exhale, chin to chest around a back. Inhale forward and exhale back.

Eyes can be open or closed.

And notice if you're called to layer on any other movements here,

maybe you move the head or the shoulders. Maybe you just keep this a small motion and circle the heart center.

You can start reversing direction at any time.

Start creating a sense of fluidity. Fluidity was in the spinal column. Maybe you rock side to side, take it over to the left or the right, maybe these torso circles start adding some arm movements in.

What do you feel called to do in this position?

How does this position support a aliveness? Moving to the surface?

What if every activity we took part in had this level of curiosity

as we move intuitively here on the mat, what if our life could be intuitive movement? Where would life carry you if that was the case?

Just a few more breaths here,

even yourself out,

and then when you feel ready, extend the legs straight out in front of you.

You can sit up tall for a moment, or maybe you feel called into a forward fold

in these practices. Space is made for moments of integration, so we can check in and see. What is it that is supporting me and maybe what do I feel averse to and why?

It's okay if you don't have the answers to those questions.

Okay. Start taking it onto your back.

Give yourself a moment to settle against the earth.

Notice how the ground feels beneath you, and tune in and see if you can use any props to support the body in a more desired way.

We'll lift the feet up off the floor and if you feel as though there's a lot of space between the lower back and the ground. Then gently lift up the hips and slide the hands underneath the tops of the glutes. For a little bit of lower back support, lift the feet up off the ground and begin a flutter kick position.

Let's start releasing the legs. Did a lot of work with the lower body right there with the squats and with our butterfly leg position. So just shake it out. See how loose the toes, the ankles. Calves the thighs can be, and I like to say embrace the jiggle.

How does it feel when the body jiggles.

Now, bend your legs and we'll open the feet. Left foot out to the left, right foot out to the right. Open cross. Open cross, and you could alternate which ankle is crossing over the other open cross. Open cross. Think of the knees as just swinging. And again, if this doesn't feel comfortable for the knees.

Try something else that does feel good for you. Open cross open. Cross open cross.

Take the legs straight up into the sky. This one's my favorite. Bend the knees slightly and flex the feet, so that means pull the toes back towards the shins. With awareness on the knees, take the knees out to the sides, and then in knees out, knees in, knees out, knees in. Almost like you're doing a chicken dance Here, I'll give you another angle.

Me out, knees in me, out me in and see if you can speed this up. Me out knees in. Out in, out in, if you get a little wonky, that's okay. Maybe there's a smile on your face.

This doesn't have to be so serious. Out, in, out, in, out. In. A few more rounds. Wherever you're at, maybe you're just waving the legs in the air, like you just don't care. Breathe in and then exhale, lower the feet down to the floor. Ah. See how that's all landing for you?

Bring the bottoms of the feet together, knees out to the sides. Hands can be on the body or down by the sides. Here. Start with a little, um, pulse of the knees, like a butterfly flapping its wings.

Notice the sensations that rise up to the surface of your awareness. Maybe you decide just to keep the legs in stillness. Maybe you need to stretch out the legs right now. You have permission to do whatever it is that feels best for you.

Keep it going. A few more breaths.

And then bring the legs to stillness. Before you move or integrate, just notice what do you feel here? Do you feel safe with the sensation?

What would make you feel safe right now? Come back to the earth beneath you. Come back to the breath that flows through. Feel your presence.

Now that we've tuned into the body in this position, notice what the body is calling to. To integrate those lower body practices. Maybe it's another type of windshield wiper leg. I'm dropping my knees in to stretch my inner thighs. If you're familiar with yoga, maybe you take a happy baby pose, but it doesn't have to be.

A yoga posture or position. It doesn't have to be something that has a name. It could just be what feels good.

It's okay to feel good. It's okay to do what feels good.

Maybe a little self touch is required to massage out the inner leg muscles.

Give yourself a few more breaths. To integrate that position, whether it's movement or whether it's something in stillness.

Start bringing the feet back down to the ground and invite yourself into a neutral position laying flat on the earth. Feet can be on the ground, legs could be extended. Props could be used. Maybe you decide you need to come up to a seat. Just find any position that you can be in a comfortable stillness for, for just a minute or so.

Hands could be on the body or on the earth. Close the eyes down.

Even in stillness, so much moves through.

What do you feel right here?

Can you grant yourself permission to be exactly as you are?

I invite you to rest in this position for as long as you need.

Gift yourself the space to be right here.

In the meantime, I'll come up to a seat. Just to wish you my thanks and appreciation. These practices can bring up a lot, so be gentle with yourself, rest with needed. Be well and I'll see you next time. Thank you.